



Your Benefit Guide

STATE HEALTH PLAN

PPO

STATE HEALTH PLAN

State of Michigan Employees

Welcome

Welcome to the State Health Plan PPO, a self-insured benefit plan administered by Blue Cross Blue Shield of Michigan under the direction of the Civil Service Commission.

The CSC is responsible for implementing State Health Plan PPO benefits and future changes in benefits. BCBSM will provide certain services on behalf of CSC through an administrative-service-only contract. Your benefits are not insured with BCBSM, but will be paid from funds administered by CSC.

This benefit book is designed to help you understand your State Health Plan PPO coverage. Please take the time to read it. Make sure you understand what services are covered and when you are responsible for out-of-pocket costs.

Your copayments are as follows:

Benefit	Copayment as of Oct. 1, 2008
In-network office visits: <ul style="list-style-type: none">• Physician office visit• Office consultations• Chiropractic spinal manipulations• Chiropractic office visit• Urgent care visit• Medical hearing exam• Medical eye exam	\$15
Emergency room	\$50 (waived if admitted)

Your deductibles are as follows:

Deductible as of Jan 1, 2009	In-network	Out-of-network
Individual	\$300	\$ 600
Family	\$600	\$1200

If you have any questions about your State Health Plan PPO coverage after reading this book, please call the BCBSM State of Michigan Customer Service Center. The toll free number is 800-843-4876. Our customer service representatives are available Monday through Friday from 8 a.m. to 6 p.m., excluding holidays.

This document is not a contract. Rather, it is intended to be a summary description of benefits. Every effort has been made to ensure the accuracy of this information. However, if statements in this description differ from the applicable coverage documents, then the terms and conditions of those documents will prevail.

Table of contents

How to reach us	1
Calling.....	1
Special servicing numbers	1
Writing	2
Visiting	2
Internet access.....	2
Your ID card.....	3
Explanation of benefits	4
Eligibility guidelines	5
Applying for coverage.....	5
Changing coverage	5
Open enrollment period	5
Canceling coverage.....	6
Dependent coverage.....	6
Continuing coverage for dependent children	6
Continuing coverage for incapacitated children	6
Dependent exclusions	7
Canceling dependent coverage	7
Dual eligibility.....	7
Continuing health care coverage	8
Continuing coverage under COBRA	8
COBRA notification and application.....	8
Continuing coverage while on layoff	8
Continuing coverage while on a leave of absence	9
Continuing coverage when you retire	9
Continuing coverage under BCBSM group conversion	9
Certificate of creditable coverage.....	9
Choosing a network provider.....	10
What happens if your PPO physician leaves the network.....	10
Non-network providers.....	10
They are not PPO, but they are still Blue	10
Nonparticipating providers	10
Non-PPO hospitals and facilities	10
Nonparticipating hospitals and facilities	11
Exceptions to the rule	11
BlueCard PPO.....	11
Care out of the country	11

Your State Health Plan PPO benefits 12

 Dollar maximums 12

 Out-of-pocket costs..... 12

 Deductibles 12

 Copayments 13

 Annual copayment maximums..... 13

 Medical necessity for hospital services..... 14

 Pain management..... 14

 Hospital coverage..... 15

 Inpatient hospital benefits 15

 Outpatient hospital benefits..... 16

 Other outpatient hospital benefits 19

 Medical necessity for physician services..... 19

 Physician and other professional services 20

 Preventive services..... 20

 Surgical services..... 21

 Additional surgical services covered..... 22

 Inpatient medical care 22

 Inpatient consultations..... 22

 Emergency care 22

 Diagnostic and radiation services 23

 Allergy testing..... 23

 Acupuncture..... 24

 Dental work..... 24

 Treatment for Temporomandibular Joint Syndrome or jaw-joint disorder 25

 Foot care 25

 Radial keratotomy..... 25

 Maternity care 26

 Physician office services 26

 Chiropractic services 26

 Second surgical consultations..... 27

 Sleep studies..... 27

 Hearing care..... 28

Alternatives to hospital care.....	30
Home hemodialysis program.....	30
Home hemophilia program.....	30
Home health care program.....	31
Home infusion therapy.....	31
Skilled nursing care.....	32
Care management programs.....	33
Hospice care	34
Electing hospice benefits.....	34
Physical, occupational and speech therapy.....	35
Durable medical equipment, prosthetic and orthotic and supplies through the SUPPORT program....	36
Medical equipment and supplies obtained in Michigan	36
Medical equipment and supplies obtained outside of Michigan	36
Covered items through a medical supplier.....	37
Diabetic supplies and medications	37
Prosthetic and orthotic appliances.....	38
Using the SUPPORT network.....	38
Medical equipment and supplies from doctors’ offices and hospitals	38
SUPPORT program exclusions and limitations	38
Human organ transplants	39
Organ and tissue transplants	39
Bone marrow transplants.....	39
Solid organ transplants	40
Other covered services.....	41
Private duty nursing.....	42
What is not covered under the State Health Plan PPO	43
Filing claims.....	45
Filing claims for services received outside the United States	45
Your right to file an internal grievance.....	46
Internal grievances.....	46
Standard internal grievance procedure	46
Expedited internal grievance procedure	47
Sections 402 and 403 of Public Act 350.....	47
What we may not do.....	47
What we must do.....	48

Other general information 49

 Coordination of benefits 49

 How COB works..... 49

 Processing your COB claims 50

 Keeping your COB information updated 50

 Subrogation 50

Medicare and Medicare Advantage coverage..... 51

 Medicare coverage for inpatient and physician services 51

 Enrolling in Medicare..... 51

 Automatic enrollment 51

 Applying for Medicare 52

Glossary 53

How to reach us

You can call, write or visit the Blue Cross Blue Shield of Michigan State of Michigan Customer Service Center when you have benefit and claims handling questions.

To help us serve you better, here are some important tips to remember:

- Have your ID card handy so you can provide your contract and group numbers. If you are writing, include this information in your letter.
- To ask if a particular service is covered, please have your physician provide you with the five-digit procedure code. If your planned procedure does not have a code, please obtain from your provider a complete description of the service. Please also include the diagnosis.
- To inquire about a claim, please provide the following:
 - Patient's name
 - Provider's name (such as the doctor, hospital or supplier)
 - Date the patient was treated
 - Type of service (for example, an office visit)
 - Charge for the service
- When writing to us, please send copies of your bills, other relevant documents and any correspondence you have received from us. Make sure you keep your originals.
- Include your daytime telephone number on all of your letters.

Calling

Our customer service hours are Monday through Friday from 8 a.m. to 6 p.m. We are closed on holidays.

In and outside Michigan.....800-843-4876

Special servicing numbers

Anti-fraud hotline800-482-3787

Hearing-impaired customers..... TTY# 800-240-3050

BlueSafeSM hotline877-BLUESAFE (258-3723)

BlueCard®800-810 BLUE (2583)

BlueHealthConnectionSM800-810 BLUE (2583)

Human organ transplant program.....800-242-3504

Conversion coverage servicing department.....888-642-2276

Writing

Please send all correspondence to:

State of Michigan Customer Service Center
Blue Cross Blue Shield of Michigan
P.O. Box 80380 - WRAP
Lansing, MI 48908-0380

Visiting

Our Customer Service Center is open Monday through Friday from 8:30 a.m. to 5 p.m.. We are closed on holidays.

BCBSM State of Michigan Customer Service Center
1405 S. Creyts Road
Lansing, MI

Additional walk-in offices:

Alpena

135 W. Chisholm St.

Detroit

500 E. Lafayette Blvd.

Flint

4520 Linden Creek Parkway
Suite A

Grand Rapids

86 Monroe Center NW

Holland

259 Hoover Blvd., Suite 160

Jackson

1000 N. Wisner St., Suite 5

Mt. Pleasant

1620 S. Mission

Marquette

415 S. McClellan Ave.

Muskegon

The Pointes
1034 E. Sternberg Road

Portage

2255 W. Centre Ave.

Port Huron

2887 Kraft Rd., Suite 200

Saginaw

4300 Fashion Square Blvd., Suite 100

Southfield

27000 W. 11 Mile Road

Traverse City

1769 S. Garfield Ave.

Utica

6100 Auburn Road

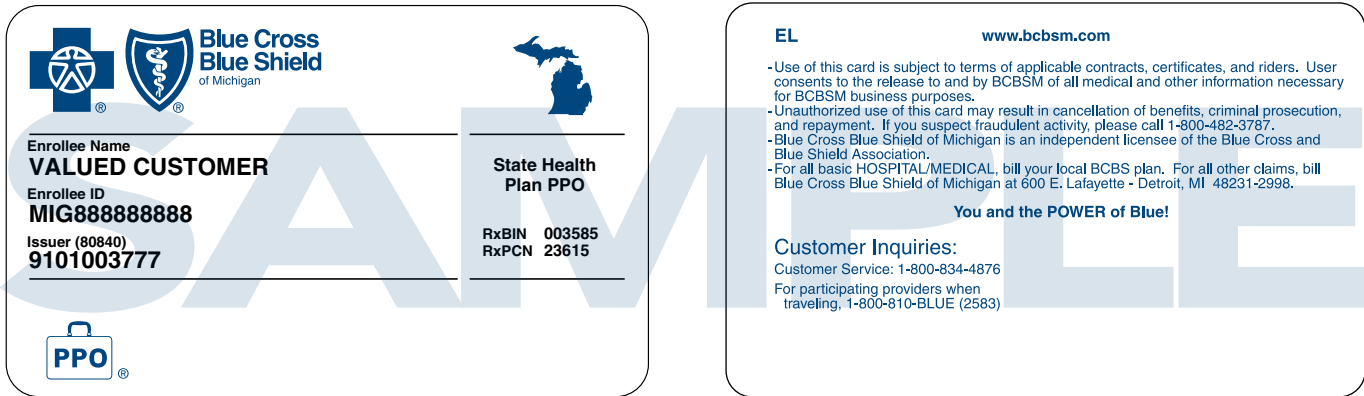
Internet access

Blue Cross Blue Shield of Michigan Home Page
Anti-fraud

bcbsm.com
bcbsm.com

Your ID card

Your BCBSM ID card is your key to receiving quality health care. Your card will look similar to the one below.



The numbers on your personal ID card will be different from the ones illustrated above.

The suitcase tells providers about your travel benefits.

Enrollee Name is the subscriber. All communications are addressed to this name.

Enrollee ID. This is your identification number. The subscriber is the person who signed and submitted the application for State Health Plan PPO coverage.

- The alpha prefix preceding the contract number identifies the type of coverage you have PPO.

Your Blue Cross Blue Shield of Michigan ID card is issued once you enroll for coverage. It lets you obtain services covered under the State Health Plan PPO. Only the subscriber's name appears on the ID card. However, the cards are for use by all covered members.

Here are some tips about your ID card:

- Carry your card with you at all times to help avoid delays when you need medical attention.
- If you or anyone in your family needs a card, please call the BCBSM State of Michigan Customer Service Center for assistance.
- Call the BCBSM State of Michigan Customer Service Center if your card is lost or stolen. You can still receive service by giving the provider your contract number to verify your coverage.

Only you and your eligible dependents may use the cards issued for your contract. Lending your card to anyone not eligible to use it is illegal and subject to possible fraud investigation and termination of coverage.

Explanation of benefits

You will receive an *Explanation of Benefit Payments* form each time we process a claim under your contract number. **The EOBP is not a bill.** It is a statement that helps you understand how your benefits were paid. It tells you:

- The family member who received services
- Who provided the service, the payments made and any amount saved by using a participating provider under *Summary of Balances*
- *Helpful Information* about BCBSM programs
- Service dates, charges, payments and any balance you may owe under *Detail on Services*

Please check your EOBPs carefully. If you see an error, please contact your provider first. If they cannot correct the error, call the BCBSM State of Michigan Customer Service Center.

If you think your provider is intentionally billing us for services you did not receive or that someone is using your BCBSM ID card illegally, contact our anti-fraud toll free hotline. Your call will be kept strictly confidential. By working together, we can help keep health care costs down.

Eligibility guidelines

You are eligible to enroll in the State Health Plan PPO on the first day of the bi-weekly payroll period following your first day of employment or submission of your enrollment form, whichever is later if:

- You are a State employee
- You have an appointment of at least 720 hours

You are not eligible to enroll if you have a non-career appointment.

Applying for coverage

You may apply for health care coverage when you meet State Health Plan PPO requirements for eligibility. You may enroll yourself and your eligible dependents before or within 31 days after your eligibility date.

An eligible employee who is not enrolled but is covered by the enrollment of a spouse or parent may enroll before or within 31 days after termination of the spouse's or parent's coverage. The effective date of coverage is the first day of the pay period after the date of termination or after enrollment, whichever is later.

Changing coverage

You can make mid-year enrollment changes to your coverage based on a family status change. These changes occur if you or your dependents lose or need coverage because:

- You move outside your health maintenance organization's service area
- You get married or divorced
 - You may enroll a new spouse within 31 days of your marriage; the effective date will be the first day of the pay period in which you were married if you notify you're the MI HR Service Center during the first pay period. If notification is received within 31 days of the marriage but after the first pay period, the effective date of the insurance is the first day of the next pay period after notification.
 - Or you may newly enroll in health coverage if you lose insurance coverage as a result of a divorce. (Note: a former spouse's eligibility for State-sponsored insurance coverage will end on the date of your divorce.)
- An eligible child by birth, legal adoption or legal guardianship
 - You may add a new dependent to your insurance coverage within 31 days of acquiring that dependent through birth, adoption, or legal guardianship. The effective date will be the date of birth, adoption, legal guardianship or move.
- Your spouse begins or ends employment
- Your spouse changes from part-time to full-time (or vice versa) or takes an unpaid leave of absence resulting in a significant change in your coverage
- There is a significant change in your or your spouse's coverage through your spouse's non-State of Michigan employer plan
- Your dependent 19- to 25-year-old child has returned to school

New dependents that are not enrolled within 31 days of the qualifying event can be enrolled during the next open enrollment period.

The effective date for any other family status change will be the first day of the payroll period following the family status change or after enrollment, whichever is later.

Open enrollment period

During open enrollment, you can:

- Enroll in the State Health Plan PPO if you are not already enrolled
- Add eligible dependents

Canceling coverage

The cancellation effective date will be the last day of the last payroll period in which a premium is paid. Your coverage under the State Health Plan PPO will automatically terminate:

- When you are no longer eligible
- On the last day of the last payroll period for which you made a required premium contribution
- When the entire group contract is discontinued

Dependent coverage

Eligible dependents include your spouse and any of your unmarried children until the day before they turn 19. In addition to being unmarried, children must meet the following conditions to be considered eligible:

- Your child by birth, legal adoption, or legal guardianship.
- In the case of legal adoption, a child is eligible for coverage as of the date of placement. Placement occurs when you become legally obligated for the total or partial support of the child in anticipation.
- Step-child for whom you have physical custody (i.e., the step-child lives with you at least 50 percent of the time as stated in a current divorce decree) and for whom you provide at least 50 percent of their support.
- Foster child placed in your home by a state agency or the court.
- Your children from the age of 19 until the age of 25 who are enrolled in an accredited educational institution and for whom you provide at least 50 percent of their support.

Continuing coverage for dependent children

Under certain circumstances, you can continue coverage for dependent children past the age of 19. If your coverage is still active but your dependent child no longer meets the eligibility criteria outlined above, your dependent child can remain on your coverage if he or she is:

- Unmarried and between 19 and 25 and
- Enrolled in an accredited educational institution and for whom you provide at least 50 percent of their support.

This coverage will continue until the day before the child turns 25 if he or she remains eligible. Coverage for these dependents will be the same as yours.

Continuing coverage for incapacitated children

Incapacitated children are those who are unable to earn a living because of mental retardation or physical disability and must depend on their parents for support and maintenance.

If your enrolled dependent is an incapacitated child, your coverage for this child will continue beyond age 19 as long as he or she became incapacitated before age 19, continues to be incapacitated and your coverage does not terminate for any other reason.

To ensure uninterrupted coverage for your incapacitated child, you must apply for continuation within 31 days after the child turns 19. To apply for continuation coverage, contact your personnel office for a BCBSM application form.

Mail the completed form to:

Blue Cross Blue Shield of Michigan
Attn: Senior Medical Analyst — Mail Code B419
600 E. Lafayette Blvd.
Detroit, MI 48226

Dependent exclusions

You cannot claim a dependent on your coverage if he or she is:

- In the armed forces — Individuals who are called to active military duty are eligible for coverage under TRICARE effective with the date of active duty orders.
- Already covered on another State of Michigan Health Plan — No person can be covered on more than one State of Michigan Health Plan.

Canceling dependent coverage

Your dependent's coverage will automatically terminate:

- When your dependent no longer meets the definition of an eligible dependent (You must immediately notify the MI HR Service Center if you divorce. Ex-spouses are not eligible for coverage.)
- When your dependent becomes eligible for coverage as an employee
- When the entire group or the group dependent contract is discontinued
- When your coverage terminates

If we are notified more than 30 days after the date of the event, the change to your contract will be delayed, which may cause errors when your claims are processed. Please remember to report any membership changes to the MI HR Service Center promptly so these changes can be reflected on your records.

If you fail to give timely notice, you may be liable for any payments made.

Eligibility guidelines by BCBSM on behalf of your dependent for medical services that have been provided subsequent to the date of the event.

Dual eligibility

If you and your spouse are both covered by State Health Plans (retiree or active, including State-sponsored HMO options), you may:

- Maintain separate coverage through your individual plans
- Enroll in one plan, with one of you as a dependent

If you choose to maintain separate coverage, your child or children can only be listed on one plan, not both. This applies even if you are divorced. Should you or your spouse separate from State service, take a leave of absence, or be laid off, the departing employee may be enrolled as a dependent on the remaining employee's State Health Plan PPO coverage, providing the remaining employee:

- Continues to meet eligibility requirements
- Was covered as a dependent of the departing employee or was enrolled separately as an employee
- Notifies the MI HR Service Center of his or her intent to transfer enrollment prior to the departure of the spouse from State service Once you return to work, you must wait until the State's next open enrollment period before you may transfer your coverage back into your own name.

Continuing health care coverage

When your enrollment or your dependent's enrollment in the State Health Plan PPO has been canceled, you or your dependents may be eligible for continuation or conversion of certain benefits.

Continuing coverage under COBRA

If your coverage is terminated, you and your dependents may be eligible for continuing coverage under the federal law known as COBRA. You can continue coverage for up to 18 months if your coverage is terminated because:

- You were suspended
- Your work hours were reduced (this includes PT/PI furloughs)
- You were terminated (this includes deferred retirement) unless the termination was for gross misconduct

Dependents can continue coverage for up to 36 months if they are:

- Spouses who lose coverage because of divorce or legal separation
- Children who no longer meet dependent eligibility requirements under the State Health Plan PPO
- Surviving dependents who will lose group coverage in the case of your death State Health Plan PPO coverage will automatically continue for dependents who are to receive an immediate monthly pension benefit from the State of Michigan upon your death. If your dependents are not going to receive a monthly pension benefit following your death, their coverage will end 30 days following your death.

COBRA notification and application

To continue coverage under any of the above qualifying events, you or your dependents must pay the full monthly premium, including the share that was paid by the State, directly to the COBRA program. (Notify the MI HR Service Center of a divorce, legal separation or when a dependent child is no longer eligible. For all other qualifying events, you and your dependents will be notified of the right to continue coverage.)

In any case, to arrange COBRA payments, please submit an *Application for Continuation of Insurance Benefits* (form CS-1767), to the Michigan Civil Service Commission. The form must be submitted within 60 days from the date of your qualifying event or the date coverage ends, whichever is later and whichever applies.

The address for the Employee Benefits Division is:

Michigan Civil Service Commission
Employee Benefits Division
P.O. Box 30002
Lansing, MI 48933

This continuation opportunity will end if an application is not submitted on a timely basis or the full COBRA premium is not paid.

Continuing coverage while on layoff

If you are on layoff, you can also continue State Health Plan PPO coverage for up to 36 months by paying the full monthly premium (including the share that was paid by the State) directly to the State. For the first two pay periods after layoff, you can pre-pay your share of the bi-weekly premium by having it deducted from your last pay check. The State will contribute its share.

To continue coverage after the pre-paid period, submit an *Application for Continuation of Insurance Benefits* (form CS-1767) to the Employee Benefits Division within 60 days of the date your coverage ends.

Continuing coverage while on a leave of absence

If you are on a leave of absence, you can continue State Health Plan PPO coverage for you and your dependents for up to 18 months by paying the full monthly premium (including the share that was paid by the State) directly to the State. However, if you are receiving wage replacement benefits under the State's Long Term Disability Plan, a health insurance premium rider will cover your premium in full for up to a maximum of six months — but only while the LTD benefit is being paid.

Please remember to submit an *Application for Continuation of Insurance Benefits* (form CS-1767) to the Employee Benefits Division within 60 days of the qualifying event or the date your coverage ends, whichever is later.

Continuing coverage when you retire

If you retire before the end of a given month, and your pension is to begin the first day of the next month, your coverage as an active employee continues to the end of that month. Your coverage as a retiree begins the first day of the next month, when your pension begins.

Continuing coverage under BCBSM group conversion

BCBSM's individual coverage, called group conversion, is available to you and your eligible dependents either:

- As an alternative to COBRA when you first become eligible for COBRA
- At the end of the COBRA eligibility period if you made all the required payments during that period

Benefits for you and your eligible dependents will change under group conversion coverage, but there will be no interruption of coverage provided you pay the initial and subsequent bills. You and your dependents must be Michigan residents for at least six months out of each year to be eligible for this type of coverage.

To ensure continuous coverage, please submit a written request for group conversion coverage to BCBSM within 30 days from the date you are no longer eligible for State Health Plan PPO coverage or within six months before COBRA coverage ends.

For additional information on how to apply for BCBSM conversion coverage, please call our individual coverage servicing department at 888-642-2276. Customer service representatives are available Monday through Friday, 8 a.m. to 6 p.m.

Certificate of creditable coverage

The Health Insurance Portability and Accountability Act of 1996 requires all health plans to provide a certificate of creditable coverage to any individual who loses health coverage. The certificate rules help ensure that coverage is portable, which means that once a person has coverage, he or she can use it to reduce or eliminate any pre-existing condition exclusion periods that might otherwise apply when changing coverage. When your coverage through your employer ends, you will receive a certificate of coverage.

Choosing a network provider

To receive care with the lowest out-of-pocket costs, choose providers from the BCBSM Community Blue/Blue Preferred PPO Network. The network is made up of physicians, hospitals and other health care specialists who have signed agreements with BCBSM to accept our approved amount as payment in full for covered services.

When you receive services from a PPO network provider, your out-of-pocket costs are limited to in-network deductibles and copayments. You do not have to choose just one provider, and you do not have to notify us when you change physicians.

To find PPO providers, call the BCBSM State of Michigan Customer Service Center, and ask for assistance in locating PPO providers in your area. Or visit **bcbsm.com**.

What happens if your PPO physician leaves the network

Your physician is your partner in managing your health care. However, physicians retire, move or otherwise cease to be affiliated with our PPO network. Should this happen, your physician will notify you that he or she is no longer in the PPO network. If you have difficulty choosing another physician, please contact the BCBSM State of Michigan Customer Service Center for assistance. If you wish to continue care with your current physician, a customer service representative will explain the financial costs to you when services are performed by a physician who is no longer in the PPO network.

Non-network providers

When you receive care from a provider who is not part of the PPO network, without a referral from a PPO provider, your care is considered out-of-network. For most out-of-network services, you have a 10 percent copayment and a higher deductible. Some services, such as your preventive care services, are not covered out-of-network.

They are not PPO, but they are still Blue

If you choose to receive services from a non-network provider, you can still limit your out-of-pocket costs if the provider participates in BCBSM's Traditional plan. When you use BCBSM participating providers:

- You will not have to submit a claim. The provider will bill us directly for your services.
- You will not be billed for any differences between our approved amount and their charges.

Remember, some services, such as your preventive care services, are not covered out-of-network.

Nonparticipating providers

Nonparticipating providers are providers who are not in the PPO network and do not participate in any BCBSM plan. If you receive services from a nonparticipating provider, in addition to the out-of-network deductible and copayments, you may also be responsible for any charge above BCBSM's approved amount. That is because providers who do not participate with the BCBSM may choose not to accept our approved amount as payment in full for covered services. You may also be required to file your own claim.

When you use nonparticipating providers, we will send you our approved amount, less the out-of-network deductible and copayments. You are responsible for paying the provider. Some services, such as your preventive care services, are not covered when you use nonparticipating providers.

Non-PPO hospitals and facilities

If you choose to go to a non-PPO hospital or facility when you have adequate access to a network hospital, the State Health Plan PPO will pay 90 percent after your deductible. You will be responsible for the difference.

Nonparticipating hospitals and facilities

If you choose to go to a nonparticipating hospital when you have adequate access to a network hospital, the State Health Plan PPO will not cover the charges.

Exceptions to the rule

Out-of-network deductibles and copayments will be waived if you do not have adequate access to a PPO provider. Adequate access is defined by how far you live from PPO providers and hospitals.

The State Health Plan PPO access standards are:

- Two family care physicians within 15 miles of your home
- Two specialty care physicians within 20 miles of your home
- One hospital within 25 miles of your home

BlueCard PPO

When you need medical care outside of Michigan, you can receive in-network benefits by using the BlueCard® PPO program. BlueCard PPO providers bill their local Blues Plan for any covered services you receive and will accept the approved amount or negotiated price as payment in full. You are only responsible for applicable in-network deductibles and copayments and for services not covered by the State Health Plan PPO.

If you need emergency medical care, please seek care immediately from the nearest hospital or physician. Otherwise, just follow these steps:

1. Call **800-810-BLUE** (2583) any day of the week. You will be given the name of the nearest PPO physician or hospital.
2. Show your BCBM ID card to the provider. Remind him or her to include the MIG alphabetical prefix on all of your claims.
3. Pay the applicable deductibles and copayments required by the State Health Plan PPO.

If you are in one of the few areas without Blues PPO or participating providers, you will not be expected to pay any out-of-network copayments or deductibles. However, you may need to submit itemized receipts directly to us if you receive services from a non-network provider.

BlueCard does not include prescription drugs, dental, vision and hearing services.

Care out of the country

The State Health Plan PPO will only pay for services for emergency and unexpected illness for residents of the United States traveling in foreign countries. In addition, coverage applies only if:

- The hospital is accredited.
- The physician is licensed.

Most hospitals and doctors in foreign countries will ask you to pay the bill. Try to get itemized receipts, preferably written in English. When you submit your claim, tell us if the charges are in U.S. or foreign currency. Be sure to indicate whether payment should go to you or the provider. We will pay the approved amount for covered services at the rate of exchange in effect on the date you received your services, minus any deductibles or copayments that may apply.

Your State Health Plan PPO benefits

Under the State Health Plan PPO, covered services and supplies are called benefits. The payment allowed for benefits is called the approved amount. BCBSM determines the approved amount. Applicable deductibles and copayments are deducted from the approved amount.

Payment of your State Health Plan PPO benefits is based on a fiscal year beginning October 1 and ending September 30. Your deductible is based on a calendar year beginning January 1 and ending December 31.

Dollar maximums

Covered services are limited to a lifetime dollar maximum of \$5 million per member. This does not include human organ transplants, which have a separate dollar maximum. The dollar maximum for human organ transplants is \$1 million per transplant.

Out-of-pocket costs

For most covered services, you are required to pay a portion of the approved amount through deductibles and copayments.

Deductibles

Deductibles are out-of-pocket costs you are required to pay before benefits are payable for covered services. There are different amounts for individuals and families. When one individual has met the deductible, benefits are payable for covered services for that individual. Services for the remaining family members will be paid when the full family deductible has been met.

Deductible amounts are determined by whether you receive services in- or out-of-network. Deductibles are applied to one or the other, but not both. Your in- and out-of-network deductibles are noted below.

Deductibles are required each year.

Deductible	In-network	Out-of-network
Individual	\$300	\$ 600
Family	\$600	\$1200

Any amount you pay toward your in-network deductible during the fourth quarter (October through December) will carry over and be applied to your in-network deductible the following year.

Copayments

After you have met your deductible, you are responsible for copayments with one exception. There are no required deductibles for in-network office visits. There is a deductible for office visits out-of-network. Only the \$15 copayment applies to in-network office visits. As with deductibles, copayment amounts are determined by whether you receive services in- network or out-of-network. Copayments are applied to one or the other, but not both.

Copayments	In-network*	Out-of-network*
Fixed-dollar	\$15 for office visits: <ul style="list-style-type: none">Physician office visitOffice consultationsChiropractic office visitChiropractic spinal manipulationsUrgent care visitsMedical hearing examsMedical eye exams	Not applicable. There is no fixed-dollar copayment for out-of-network services
	\$50 for emergency room care (waived if admitted)	\$50 for emergency room care (waived if admitted)
Percentage	10% for: <ul style="list-style-type: none">Private duty nursingAcupuncture	10% for most services including office visits

*Services without a network are covered at the in-network level.

Annual copayment maximums

You are only required to pay a certain amount in copayments each year:

Out-of-pocket maximum	In-network	Out-of-network
Individual	\$1000	\$2000
Family	\$2000	\$4000

However, certain copayments and other charges cannot be used to meet your copayment maximum. These copayments and other charges are:

Fixed-dollar copayments	Charges in excess of our approved amount Deductibles or copayments required under other BCBSM coverage
Private duty nursing copayments	
Deductibles	
Charges for noncovered services	

Medical necessity for hospital services

Unless otherwise specified, a service must be medically necessary in order to be covered by the State Health Plan PPO. Medical necessity for the payment of hospital services requires that all of the following conditions be met:

- The covered service is for the treatment, diagnosis or symptoms of an injury, condition or disease.
- The service, treatment or supply is appropriate for the symptoms and is consistent with the diagnosis.
- “Appropriate” means the type, level and length of care, treatment or supply and setting that are needed to provide safe and adequate care and treatment.
- For inpatient hospital stays, acute care as an inpatient must be necessitated by the patient’s condition because safe and adequate care cannot be received as an outpatient or in a less intensified medical setting.
- The services are not mainly for the convenience of the member or health care provider.
- The treatment is not generally regarded as experimental or investigational by BCBSM.
- The treatment is not determined to be medically inappropriate by the Utilization Management and Quality Assessment programs.

In some cases, you may be required to pay for covered services *even when they are medically necessary*. These limited situations are:

- When you do not inform the hospital that you are a BCBSM member at the time of admission or within 30 days after you have been discharged
- When you fail to provide the hospital with information that identifies your coverage

Pain management

BCBSM considers pain management an integral part of a complete disease treatment plan. We provide coverage for the comprehensive evaluation and treatment of diseases, including the management of symptoms such as intractable pain that may be associated with these diseases. Your health care benefits provide for such coverage and are subject to contract limitations.

Hospital coverage

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	100%

Inpatient hospital benefits

Your coverage includes the following inpatient hospital services for unlimited days at a PPO network hospital:

- **Room and board** – Includes:
 - The cost of a semi-private room
 - The use of special units such as intensive, burn or cardiac care
 - Meals and special diets
 - General nursing care

The cost of a private room is not covered. If you request a private room, your coverage will pay for the cost of a semi-private room and you will be required to pay the difference.

- **General medical care days** — You have an unlimited number of inpatient days available for the diagnosis and treatment of general medical conditions. This includes admissions for:
 - **Maternity and nursery care** — Includes delivery room costs, birthing center services, and routine nursery care for a newborn during an eligible mother’s hospital stay.

After the hospital stay, the newborn is covered as a dependent child, but only if you add the child to your coverage within 31 days of birth.

Under federal law, BCBSM generally cannot restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than 48 hours following a vaginal delivery or 96 hours following a cesarean section. However, the attending physician may, after consulting with the mother, discharge the mother or the newborn earlier. BCBSM also cannot require a provider to obtain authorization for prescribing a length of stay not in excess of the 48-96-hour minimum.

- **Cosmetic surgery** — Includes correction of birth defects, conditions resulting from accidental injuries, deformities resulting from certain surgeries, such as breast reconstruction following mastectomies.
- **Dental surgery** — Includes removal of impacted teeth or multiple extractions only when a concurrent hazardous medical condition, diagnosed by a physician, exists. The inpatient stay must be considered medically necessary to safeguard the life of the patient during the dental surgery.
- **Diagnostic and radiology services** — The following diagnostic and radiology services are covered during a hospital admission:
 - **CAT and MRI scans** — Includes scans of the head and body when required for eligible diagnoses and when performed in a facility approved by BCBSM.
 - **Diagnostic tests** — Includes EKGs, EMGs, EEGs, thyroid function tests and nerve conduction studies required in the diagnosis of an illness or injury.
 - **Therapeutic radiology** — Includes radiological treatment by X-ray, isotopes or cobalt for a malignancy.
 - **Diagnostic radiology** — Includes ultrasounds and X-rays required for the diagnosis of an illness or injury.

- **Hospital services and supplies** — The following services and supplies are covered during a hospital admission when needed:
 - **Anesthesia** — Includes administration, cost of equipment, supplies and the services of a hospital anesthesiologist when billed as a hospital service.
 - **Blood services** — Includes blood derivatives, blood plasma and supplies used for administering the services as well as the cost of drawing and storing self-donated blood intended for scheduled surgery.
 - **Laboratory and pathology tests** — Includes laboratory tests and procedures required to diagnose a condition or injury when billed as a hospital service.
 - **Drugs** — Includes biologicals and medicines prescribed and given during a hospital admission.
 - **Durable medical equipment** — Includes items such as oxygen tents, wheelchairs and other hospital equipment used during the hospital stay.
 - **Medical and surgical supplies** — Includes gauze, cotton and solutions used during the hospital admission.
 - **Prosthetic and orthotic appliances** — Includes items surgically implanted in the body, such as heart valves.
 - **Special treatment rooms** — Includes operating, delivery and recovery rooms.

Outpatient hospital benefits

The following services are covered when performed in the outpatient department of a PPO network hospital or, where noted, in a freestanding facility approved by BCBSM.

- **Pre-admission testing** — Testing must be performed within seven days before a scheduled hospital admission or surgery. These tests must be medically appropriate, valid at the time of admission and must not be duplicated during the hospital stay.
- **Professional ambulance services** — Ambulance services are covered if the destination is the nearest medical facility capable of treating the patient's condition.

The service must be:

- Medically necessary because transport by any other means would endanger the patient's health
- Prescribed by a physician (when used for transferring a patient)
- Provided in a vehicle qualified as an ambulance and part of a licensed ambulance operation

Air or water ambulance is also covered if it is medically necessary, ordered by the attending physician and the patient's emergent condition requires air or water transport rather than ground ambulance. The transport must be to the closest facility that can treat the patient. Air or water ambulance providers must be licensed to provide air or water ambulance services and not as a commercial air carrier.

Your coverage does not pay for transportation for the convenience of the patient, the patient's family or the preference of the physician.

- **Chemotherapy** — Treatment is payable in a hospital, in the outpatient department of a hospital, in a physician's office or in the patient's home. Benefits include the administration and cost of drugs when they are:
 - Ordered by a physician for the treatment of a specific type of disease
 - Approved by the Food and Drug Administration for use in chemotherapy
 - Provided as part of a chemotherapy program

Benefits also include three follow-up visits within 30 days of your last chemotherapy treatment to monitor the effects of chemotherapy.

- **Sterilization** — This benefit applies to both males and females. A medical reason is not required.
- **Termination of pregnancy**
- **Infertility treatment** — Infertility treatments are not included. This includes the following services:
 - Specific fertility treatments or procedures including inpatient and outpatient surgical procedures, labs and radiographs
 - Treatments and diagnostic tests for infertility problems
 - Artificial inseminations
 - Embryo transfer
 - Experimental/investigational fertility services
 - In vitro-fertilization
 - Reversal of voluntary sterilization
 - Services associated with excluded services
- **Hemodialysis** — Hemodialysis services are covered to treat acute kidney failure and end stage renal disease. Patients can receive treatment in the inpatient or outpatient department of a hospital, in a licensed facility or at home. (For more information on home hemodialysis services, see the Alternative to Hospital Care section of this book.)

Coverage for ESRD dialysis services is coordinated with Medicare. It is important that individuals with ESRD apply for Medicare coverage regardless of age. The State Health Plan PPO is the primary payer for up to 33 months, which includes a three-month waiting period, if the member is under 65 and eligible for Medicare solely because of ESRD.

- **Physical, occupational and speech therapy** — Your physical, occupational and speech therapy services are payable when provided in the outpatient department of a participating hospital.

Services are limited to a combined maximum of 90 visits per calendar year.

- **Physical therapy** is the use of specific activities or methods to treat disability when there is a loss of neuromusculoskeletal function due to an illness, injury or following surgery. It must require the assistance and supervision of the appropriate licensed therapist and be:
 - » Prescribed by the patient's attending physician
 - » Designed to improve or restore the patient's functioning level after a loss in musculoskeletal functioning due to an illness or injury
 - » Provided for a condition that is capable of significant improvement in a reasonable and generally predictable period of time

Examples of covered services are:

- » Therapy prescribed to restore musculoskeletal functioning
- » Therapy used in conjunction with a treatment program to accelerate the healing of an acute injury or illness involving the muscles or joints

Physical therapy is also covered when provided in:

- » Outpatient participating physical therapy facilities
- » Physicians' offices
- » Independent licensed physical therapists' offices
- » In the home if part of a home health care treatment plan

- **Occupational therapy** is a rehabilitative service that uses specific activities or methods to:
 - » Develop, improve or restore the performance of necessary neuromusculoskeletal functions affected by an illness, injury or following surgery
 - » Help the patient learn to apply the newly restored or improved function to meet the demands of daily living
- **Speech and language pathology services** are rehabilitative services that use a specific activity or method to treat speech, language, and swallowing or voice impairment due to an illness, injury or following surgery.

Your benefit covers therapy for:

- » Nondevelopmental speech disorders, which are characterized by a communicative loss caused by trauma or organic conditions such as aphasia following a stroke or dysphonia resulting from vocal cord surgery
- » Severe congenital and developmental speech disorders, which are characterized by severe communicative deficits as a result of congenital (present at or existing from birth) and developmental conditions, for children age 6 and under

Your coverage for physical, occupational and speech therapy does not pay for:

- » Long-standing, chronic conditions such as arthritis
- » Massage therapy
- » Health club membership or spa membership
- » Developmental conditions or learning disabilities for members over the age of 6
- » Congenital or inherited speech abnormalities for members over the age of 6
- » Inpatient hospital admissions principally for speech or language therapy

Other outpatient hospital benefits

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
\$50 (waived if admitted)	\$50 (waived if admitted)	\$50 (waived if admitted)

- Emergency medical care** — The initial exam and treatment of accidental injuries or conditions in an emergency room are covered when determined by BCBSM to be medical emergencies. This includes both professional and facility services. Treatment must occur within 48 hours of the injury or 72 hours of the medical emergency.

Routine care for minor medical problems such as headaches, colds, slight fevers and back pain is not considered emergency care. Also, follow-up care is not considered emergency care.

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
\$15	10% after annual out-of-network deductible	100%

- Urgent care services** — Non-emergent treatment is covered under the health plan as a benefit and includes services at independent urgent care clinics, after-hour physician group practices and some PPO hospitals and their affiliated urgent care locations.

Medical necessity for physician services

Unless otherwise specified, a service must be medically necessary to be covered by the State Health Plan PPO. Medical necessity for physician services is determined by physicians acting for their respective provider types or medical specialty and is based on criteria and guidelines developed by physicians and professional providers. It requires that:

- The covered service is generally accepted as necessary and appropriate for the patient’s condition, considering the symptoms. The covered service is consistent with the diagnosis.
- The covered service is essential or relevant to the evaluation or treatment of the disease, injury, condition or illness. It is not mainly for the convenience of the members or physicians.
- The covered service is reasonably expected to improve the patient’s condition or level of functioning. In the case of diagnostic testing, the results are used in the diagnosis and management of the patient’s care.

The BCBSM determination of medical necessity for payment purposes is based on standards of practice established by physicians.

Physician and other professional services

Preventive services

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
\$0 up to the yearly dollar maximum of \$1,500	100%	100%

Your coverage pays for the preventive services listed below when they are received from in-network PPO providers.

- **Health maintenance exam** — This includes a comprehensive history and physical exam. It also includes the following laboratory and radiology procedures when performed as a routine screening:
 - Chemical profile
 - Complete blood count
 - Urinalysis
 - Chest X-ray
 - EKG
- **Annual gynecological exam** — Covered one per calendar year
- **Pelvic/gynecological exam screening** — Covered one per calendar year
- **Pap smears** — Covers laboratory services for one routine Pap smear per calendar year
- **Well-baby and child care**
- **Colorectal screenings** — One every 10 years
- **Prostate specific antigen screening** — One per calendar year
- **Fecal occult blood test** — Every year beginning at age 50
- **Flexible sigmoidoscopy** — Every five years beginning at age 50
- **Hepatitis C screenings** — There is no age limit.
- **Immunizations** — Age 17 and over

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
\$0	10%	100%

- **Colonoscopy** — One every 10 years
- **Double contrast barium enema** — Every five to 10 years beginning at age 50
- **Digital rectal exam** — One every five to 10 years beginning at age 50
- **Mammography (annual screening)** — One per calendar year, no age limit
- **Flu shots** — There is no age limit on flu shots. Also covered when given by a visiting nurse agency or health department. Flu Mist is not covered.
- **Pneumococcal shot** — One per lifetime. There is no age limit. Also covered when given by a visiting nurse agency or a health department.
- **Childhood Immunizations** — Birth to age 16
- **Hepatitis B shot**

Surgical services

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Surgery is covered inpatient and outpatient, in the physician’s office and in ambulatory surgical facilities.

Multiple surgeries (two or more surgical procedures performed by the same physician during one operative session) are subject to the following payment limitations:

- When surgeries are through **different** incisions, the State Health Plan PPO pays the approved amount for the more costly procedure and one half of the approved amount for the less costly procedure.
- When surgeries are through the **same** incision they are considered related and the State Health Plan PPO pays the approved amount only for the more difficult procedure.

Participating providers accept these approved amounts as payment in full. However, nonparticipating providers may bill you for the difference.

Cosmetic or reconstructive surgery is covered only for the correction of the following:

- Birth defects
- Conditions resulting from accidental injuries
- Deformities resulting from certain surgeries, such as breast reconstruction following mastectomies

Breast reconstruction surgery is covered for:

- Reconstruction of the breast on which the mastectomy was performed
- Surgery and reconstruction of the other breast to produce a symmetrical appearance
- Prostheses and treatment of physical complications at all stages of the mastectomy, including lymphedemas

Dental surgery performed on an inpatient basis is covered only for the removal of impacted teeth or multiple extractions. The patient must be hospitalized for the surgery because a concurrent medical condition, diagnosed by a physician, exists. The inpatient admission for the dental surgery must be considered medically necessary to safeguard the life of the patient.

Benefits are limited to services performed by an MD or DO, including anesthesia services, and services billed by the facility. Dental procedures performed by a DDS must be billed to the dental program.

Cataract surgery and first lens implants are covered.

Voluntary sterilization for both male and female patients is covered regardless of medical necessity.

Termination of pregnancy is also covered.

Additional surgical services covered

- **Technical Surgical Assistance** — TSA is a covered benefit for certain major surgeries that require surgical assistance by another physician. TSA is covered inpatient and outpatient, and in approved ambulatory surgery facilities.
- **Anesthesia** — Services for giving anesthesia are payable to a physician other than the operating or assisting physician, and to certified registered nurse anesthetists. We do not pay for local anesthetics.
- **Some medical surgeries performed by a DDS**

Inpatient medical care

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider’s charge

When you receive inpatient or skilled nursing care, you are covered for an unlimited number of medical care visits by a physician for general medical conditions that are not related to surgery or maternity care.

Inpatient consultations

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider’s charge

Medical consultations are payable when your physician requires assistance in diagnosing or treating a medical condition because a special skill or knowledge of the consulting physician is required.

Emergency care

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
\$50*	\$50*	\$50*

* Waived if admitted.

Your coverage provides payment for the initial examination of accidental injuries and conditions determined by BCBSM to be medical emergencies. Initial examination must occur within 48 hours of the injury or 72 hours of the medical emergency. Services in addition to the initial examination will be subject to in-network deductible and coinsurance. Nonparticipating providers may bill you the difference for additional services.

Diagnostic and radiation services

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual deductible	10% after annual deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Your benefits include physician services for diagnostic and radiation services to diagnose and treat disease, illness, pregnancy or injury through:

- Diagnostic radiology that includes X-rays, ultrasound, radioactive isotopes, and MRI and CAT scans of the head and body when performed for an eligible diagnosis at a BCBSM approved facility
- Laboratory and pathology tests
- Diagnostic tests, which include EKGs, EMGs, EEGs, thyroid function tests, nerve conduction and pulmonary function studies
- Radiation therapy, which includes radiological treatment by X-ray, isotopes or cobalt for a malignancy

Mammograms are covered if requested by your physician because of the suspected or actual presence of a disease or when required as a postoperative procedure.

Digital mammography is covered.

Allergy testing

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

The State Health Plan PPO pays for allergy testing, survey testing and therapeutic injections when performed by or under the supervision of a physician. Allergy extract and extract injections are also covered. Benefits are not payable for food, fungal or bacterial skin tests, such as those given for tuberculosis or diphtheria, self-administered or over-the-counter medications, psychological testing, evaluation or therapy for allergies, environmental studies, evaluation or control.

Acupuncture

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
10% after annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Your acupuncture benefit covers up to a maximum of 20 treatments in a calendar year. These services are covered when performed by a licensed physician (MD or DO), or supervised and billed by a licensed physician (MD or DO), or under the supervision of a licensed physician (MD or DO).

Acupuncture is covered only for the treatment of the following conditions:

- Sciatica
- Neuritis
- Postherpetic neuralgia
- Tic douloureux
- Chronic headaches such as migraines
- Osteoarthritis
- Rheumatoid arthritis
- Myofascial complaints such as neck and lower back pain

Dental work

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Certain dental work or oral surgery, limited to the following, is also covered:

- Treatment of jaw fractures, dislocations and wounds
- Treatment of cysts, tumors or other diseases of the tissues of the oral structures
- Other incision/excision procedures of the gums (periodontics) and tissues of the mouth when not done in conjunction with tooth repair or extraction
- Charges for dental services, office visits and appliance therapy related to the above procedures

Treatment for Temporomandibular Joint Syndrome or jaw-joint disorder

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Benefits for TMJ or jaw-joint disorder are limited to:

- Surgery directly to the jaw joint
- X-rays (including MRIs)
- Trigger point injections
- Arthrocentesis (injection procedures)

Some symptom management services, such as office visits, reversible appliance therapy and physical medicine (diathermy, hot and cold applications) and medications are also covered.

Your TMJ benefit does not cover irreversible TMJ services with the exception of surgery directly related to the jaw joint as noted above.

Foot care

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Certain services to the foot and ankle are covered:

- Cutting or removal of corns, calluses and/or trimming of nails.
- Application of skin areas and other hygienic and preventive maintenance care when related to diabetes or peripheral heart disease.

Radial keratotomy

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Radial keratotomy is covered only when all of the following criteria are met:

- The patient is at least 18 years old.
- The patient has myopia of -2.00 diopters (spherical equivalent or greater).
- The patient has had a stable refractive error (+ or - .50 diopter) for at least one year.
- The patient is unable to wear glasses or contact lenses satisfactorily due to occupational, recreational or psychological reasons.

Maternity care

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

You have coverage for obstetrical services including delivery and pre- and post-natal care visits. Inpatient examinations of the newborn are a benefit when performed by a physician other than the anesthesiologist or the delivering provider.

Maternity care benefits also are payable when provided by a certified nurse midwife. Delivery must be in a hospital or BCBSM-approved birthing center.

Physician office services

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
\$15 copayment in physician's office, urgent care, office consultations, and medical hearing exam Annual in-network deductible for outpatient and home services	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

The exam, diagnosis and treatment of an injury, illness or disease by a physician is payable when you are seen in:

- A physician's office
- Outpatient clinic
- Outpatient department of a hospital
- The home
- Urgent care setting

Chiropractic services

What you pay for covered services
In-network
\$15

Chiropractic services are paid based on location and diagnosis.

Your coverage for chiropractic services includes the following:

- One new patient office call every 36 months and one established patient office call each calendar year. A new patient is one who has not been seen by the same provider in 36 months.
- Chiropractic manipulation is limited to one per day, 24 visits per calendar year. When chiropractic office visits and spinal manipulations are performed on the same day by the same provider, and both services are payable, only one \$15 copay is applicable.
- X-rays for accidental injuries
- Limited physical therapy (i.e., traction) Subject to physical, occupational and speech therapy payment guidelines

Second surgical consultations

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Second surgical consultations are covered. They are voluntary and not required for any specific surgeries.

Sleep studies

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual deductible	10% after annual deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Sleep studies are covered when a patient is referred by a physician to a sleep disorder clinic that is affiliated with a hospital and that is under the direction of physicians. Patient must show signs or symptoms of:

- Narcolepsy characterized by abnormal sleep tendencies, amnesia episodes or continuous agonizing drowsiness
- Severe upper airway apnea, supported by documentation proving severity of condition

Sleep studies are not covered for the following:

- Bruxism
- Drug dependency
- Enuresis
- Hypersomnia
- Impotence
- Night terrors or dream anxiety attacks
- Restless leg syndrome
- Nocturnal myoclonus
- Shift work and schedule disturbances

Hearing care

What you pay for covered services	
Participating	Nonparticipating *
\$0	\$0

* Out-of-state providers who participate with their local Blues Plans are paid that Plan’s approved amount. Out-of-state providers who do not participate with their local Blues Plans are paid the BCBSM approved amount.

Your hearing care coverage is designed to identify hearing problems and provide benefits for corrective hearing devices.

Providers may balance bill above the approved amount for non-basic hearing aids (i.e., digital).

Choosing your hearing provider

When you need hearing care, it is important to find out whether your provider participates with BCBSM because hearing benefits are covered only when services are received from a participating provider.

The types of eligible hearing providers include:

- Audiologists
- Otologists
- Otolaryngologists
- Otorhinolaryngologists
- Hearing aid dealers

To locate a Blues participating hearing care provider in Michigan, call the BCBSM State of Michigan Customer Service Center.

What is covered under your hearing care benefits

Hearing care benefits are available only after you receive a medical clearance examination by a physician (MD or DO) to rule out the presence of a medical condition. There is a \$15 copayment for the medical clearance exam.

You must receive the following services from a **participating provider**:

- **Audiometric examination** — Measures hearing ability, including tests for air and bone conduction, speech reception and speech discrimination
- **Hearing aid evaluation** — Determines what type of hearing aid should be prescribed to compensate for loss of hearing
- **Ordering and fitting of the hearing aid** — Includes in-the-ear, behind-the-ear, and basic hearing aids worn on the body, with ear molds, if necessary, as well as dispensing fees for the normal services required for fitting the hearing aid
- **Conformity test** — Evaluates the performance of a hearing aid and its conformity to the original prescription after it has been fitted

Time limitation

Hearing care benefits are payable once every 36 months unless significant hearing loss occurs earlier and is certified by your physician.

What is not covered under your hearing care benefit

Your hearing care coverage does not cover:

- Your medical clearance examination to determine possible loss of hearing (covered under medical benefit)
- A hearing aid ordered while the patient is a member, but delivered more than 60 days after the patient's coverage terminates
- Replacement of hearing aids that are lost or broken, unless this occurs after 36 months, when benefits are renewed
- Repairs and replacement of parts including batteries and ear molds
- Additional charges for eye-glass type hearing aids (sometimes called "deluxe" hearing aids) that exceed the amount BCBSM pays for a basic hearing aid
- Additional charges for digital-controlled programmable hearing devices (sometimes called "deluxe" hearing aids) that exceed the amount BCBSM pays for a basic hearing aid
- Additional charges for unusual or cosmetic equipment such as canal, one half shell or low profile hearing aids (sometimes called "deluxe" hearing aids) that exceed the amount BCBSM pays for a basic hearing aid
- All hearing care services and supplies provided by a **nonparticipating provider in Michigan**
- Hearing aids that do not meet Food and Drug Administration and Federal Trade Commission requirements

Alternatives to hospital care

Home hemodialysis program

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual deductible	10% after annual deductible	100%

Hemodialysis services are covered in the home. Your physician must arrange for home hemodialysis and all services must be billed by a participating hospital that has an approved hemodialysis program.

Benefits include:

- Cost of the equipment
- Installation
- Training
- Necessary hemodialysis supplies

Home hemophilia program

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual deductible	10% after annual deductible	100%

This benefit allows you to receive in-home treatment for hemophilia. Your physician must prescribe all services and supplies and they must be billed by a participating hospital. Benefits include:

- All medications, including the antihemophilic factor
- Necessary hemophilia supplies, including syringes and needles
- Training of the patient or a family member on how to inject the antihemophilic factor when the training is provided through an approved facility

Home health care program

What you pay for covered services	
Participating	Nonparticipating
Annual in-network deductible	100%

The physician must certify that the patient is confined to the home due to illness and that home health care services are being used instead of inpatient hospital care. The physician must also prescribe and submit a detailed treatment plan to the agency. Once the agency accepts the patient into its program, the following services are covered when billed by the agency:

- Home health aide services if the patient is receiving skilled nursing care or physical or speech therapy and the health care agency has identified a need for the patient to have these services
- These services may include assistance with activities of daily living such as bathing, dressing, meal preparation and feeding.
- Social services and nutritional guidance when requested by the patient’s physician
- Physical, speech and occupational therapy
- Nursing care by a licensed practical nurse or a licensed vocational nurse when the services of a registered nurse are unavailable

The State Health Plan PPO does not pay for:

- General housekeeping services
- Cost of meals
- Transportation to or from a hospital or other facility
- Elastic stockings, including nonprescription compression socks
- Sheepskin
- Comfort items such as lotion, mouthwash or body powder
- Physician services
- Custodial or nonskilled care

Home infusion therapy

What you pay for covered services	
Participating	Nonparticipating
Annual in-network deductible	Annual in-network deductible plus the difference between the BCBSM approved amount and the provider’s charge

Continuous, slow administration of a controlled drug, nutrient, antibiotic, or other fluid into a vein or other tissue. Depending on condition being treated and type of therapy, it can be on a daily, weekly, or monthly basis. Covered services include:

- Nursing and professional administration
- Injectable therapy
- Nutritional therapy
- Line insertion and maintenance
- Medical IV therapy
- Catheter supplies (restoration or repair)

Skilled nursing care

What you pay for covered services	
Participating	Nonparticipating
Annual in-network deductible	100%

Members have 120 skilled nursing days per admission. Care must be received in a BCBSM-approved skilled nursing facility and the following conditions must be met:

- The patient is suffering from or gradually recovering from an illness or injury.
- The patient is expected to improve.
- The admission has been preauthorized by BCBSM.

Your benefit includes coverage for:

- Semi-private room
- Meals and special diets
- Nursing services
- Use of special treatment rooms
- X-ray and laboratory examinations
- Physical, speech and occupational therapy
- Oxygen and other gas therapy
- Drugs, biologicals and solutions
- Materials used in dressings and casts

The benefit renews 90 days after discharge.

Written confirmation of the need for skilled care is required from the patient’s physician. All services must be provided at a participating skilled nursing facility.

The State Health Plan PPO does not pay for:

- Custodial care
- Care for senility or mental retardation
- Care for substance abuse
- Care for long-term mental illness

Care management programs

What you pay for covered services
\$0

Care management programs provide you with personal support and education about your health care options. Part of your State Health Plan PPO, care management programs are voluntary programs provided to you at no cost.

A continuum of care, care management programs offer you support and information whether you are feeling great or need intensive care. Providing a continuum of care ensures that you do not “fall through the cracks” just because you do not fit into any one category.

The following care management programs are designed to assist BCBSM State Health Plan PPO members:

- BlueHealthConnection
- Chronic Condition Management
- Case Management

BlueHealthConnection

BlueHealthConnection assists you with your health care concerns. It provides you with health information and support to help you understand your health care issues, address their concerns, and work more closely with your providers. You have access to a wealth of health information and support including:

- Online health information at **bcbsm.com**. You can access BlueHealthConnection to read articles, use online tools and take quizzes that provide a wide variety of health information on thousands of topics.
- Access to registered nurse health coaches 24 hours a day, seven days a week, to help you access health information and answer their health questions.

Chronic Condition Management

If you have been diagnosed with a chronic illness, BlueHealthConnection’s Chronic Condition Management program can help you through it. The program provides coaching, surgical decision support, urgent care needs and general health and wellness assistance. The program’s health coaches can help you gather information you need so you can more effectively talk with your doctors, make health care decisions that fit your lifestyle, and more confidently navigate the health care system.

Case Management

A serious diagnosis can be devastating. And supposed you are diagnosed with more than one illness. Where do you start to get the help you need? The case management program offers comprehensive medical and psychosocial care management services for high-risk, medically complex cases.

Case management professionals realize your health condition can sometimes overwhelm and confuse you. The diagnosis of an illness can have a tremendous emotional impact on you and your loved ones. Not surprisingly, getting the most from your health care coverage may be the last thing on your mind at such a time. That is why Case Management is here to help.

Case management’s medical professionals work with member, provider and family or caregiver to ensure a clear understanding of condition, prognosis and treatment options, coordinating the provider services that the member requires.

For more information on our Care Management programs call 800-775-BLUE (2583) toll free any day, 24 hours a day. Or visit **bcbsm.com**

Hospice care

What you pay for covered services	
Participating	Nonparticipating
\$0 up to lifetime maximum	100%

A hospice is an agency or facility that is primarily involved in providing care to terminally ill individuals. Hospice care can be an alternative to hospitalization. To be eligible for hospice care:

- The attending physician must certify in writing that life expectancy is six months or less.
- The patient must choose hospice care instead of inpatient services.
- The care must be provided by a Medicare or BCBSM-certified hospice program that is approved for both Medicare and non-Medicare enrollees.

You may apply for hospice care benefits only after discussion with and referral by your attending physician, and your request must be in writing to the hospice agency.

Electing hospice benefits

When the patient elects to enter the program, the hospice benefits will replace the patient’s State Health Plan PPO benefits for conditions relating to the terminal illness. The hospice benefits will be more specific to the patient’s needs and may include alternative services that provide more appropriate care. However, services for medical conditions unrelated to the terminal illness are covered according to your State Health Plan PPO coverage.

The patient may cancel, in writing, all hospice benefits at any time. When services are canceled, the patient’s regular coverage resumes.

The lifetime maximum of your hospice benefit is adjusted annually by the state. Please call the BCBSM State of Michigan Customer Service Center for the current amount.

The following benefits are payable under the hospice program:

- Nursing care when provided by or under the supervision of a registered nurse
- Home health aide and homemaker services
- Medical social services including needs assessment and psychological and dietary counseling when provided by a qualified social worker under the supervision of a physician
- Counseling services for the patient and caregivers, when care is provided in the home. This includes bereavement counseling for the family up to 30 days after the patient’s death
- Medical appliances and supplies furnished to lessen the effects of the terminal illness
- Durable medical equipment for use in the patient’s home when furnished by the hospice program
- Physical, speech and occupational therapy when provided to control symptoms and maintain the patient’s daily activities and basic functional skills

The following services are not covered:

- Costs of transportation
- Funeral arrangements
- Financial or legal counseling
- Pastoral counseling
- Estate planning

Physical, occupational and speech therapy

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	10% after the annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Your benefit covers physical, occupational and speech therapy for 90 days per calendar year.

Physical therapy is the use of specific activities or methods to treat a disability when there is a loss of neuromusculoskeletal function due to an illness, injury or following surgery.

Physical therapy is payable when provided in:

- The outpatient department of a participating hospital
- Participating outpatient physical therapy facilities
- Physicians' offices
- Independent licensed physical therapists' offices
- In the home if part of a home health care treatment plan

Physical therapy must require the assistance and supervision of the appropriate licensed therapist and it must be:

- Prescribed by the patient's attending physician
- Designed to improve or restore the patient's functioning level after a loss in musculoskeletal functioning due to an illness or injury
- Provided for a condition that is capable of significant improvement in a reasonable and generally predictable period of time

Examples of covered services are:

- Therapy prescribed to restore musculoskeletal functioning
- Therapy used in conjunction with a treatment program to accelerate the healing of an acute injury or illness involving the muscles or joints

Occupational therapy is a rehabilitative service that uses specific activities or methods to:

- Develop, improve or restore the performance of necessary neuromusculoskeletal functions affected by an illness, injury or following surgery
- Help the patient learn to apply the newly restored or improved function to meet the demands of daily living

It is payable when provided in the outpatient department of a participating hospital.

Speech and language pathology services are rehabilitative services that use a specific activity or method to treat speech, language, swallowing or voice impairment due to an illness, injury or following surgery.

Your benefit covers therapy for:

- Nondevelopmental speech disorders, which are characterized by a communicative loss caused by trauma or organic conditions such as aphasia following a stroke or dysphonia resulting from vocal cord surgery
- Severe congenital and developmental speech disorders, which are characterized by severe communicative deficits as a result of congenital (present at or existing from birth) and developmental conditions, for children age 6 and under

Speech and language pathology services are payable when provided in the outpatient department of a participating hospital.

Physical therapy, occupational therapy and speech and language pathology services are paid based on location and diagnosis. To avoid incurring expenses for services that are not payable, we recommend you call or write the BCBSM State of Michigan Customer Service Center before receiving the service.

Your coverage for physical, occupational and speech therapy does not pay for:

- Long-standing, chronic conditions such as arthritis
- Health club membership or spa membership
- Massage therapy
- Developmental conditions or learning disabilities
- Inpatient hospital admissions principally for speech or language therapy

Physical therapy, occupational therapy and speech and language pathology services are paid based on location and diagnosis. To avoid incurring expenses for services that are not payable, we recommend you call or write the BCBSM State of Michigan Customer Service Center before receiving the service.

Durable medical equipment, prosthetic and orthotic and supplies through the SUPPORT program

What you pay for covered services		
In-network (Michigan)	Out-of-network (Michigan)	Nonparticipating (Michigan)
\$0	20%	Not covered

You have coverage under the SUPPORT program for medical equipment and supplies. SUPPORT stands for Select Utilization of Providers for Prosthetic, Orthotic and Rehabilitative Technology.

Medical equipment and supplies obtained in Michigan

The program is available only in Michigan and applies to items prescribed by a physician that you purchase or rent from an independent medical supplier for use at home. It does not apply to items you use during a hospital stay or receive from your doctor.

Medical equipment and supplies obtained outside of Michigan

The SUPPORT network does not apply beyond Michigan. For medical equipment and supplies elsewhere in the United States, you can minimize your out-of-pocket expenses by using suppliers that participate with the local BCBS Plan. If you obtain items from a supplier that does not participate with the local BCBS Plan, you may be required to pay for the difference between the approved amount and provider’s charge.

Covered items through a medical supplier

Types of equipment, supplies and services include:

- Durable medical equipment used in your home, such as hospital beds, wheelchairs, walkers, canes and oxygen equipment
- Medical supplies such as glucometer strips, colostomy supplies, adult disposable diapers, surgical stockings
- Orthotic devices such as leg braces, back braces and ankle or wrist supports
- Prosthetic devices such as artificial limbs and mastectomy supplies
- Respiratory equipment such as oxygen concentrators and apnea monitors

The items you obtain through SUPPORT can be delivered to your home at no charge or you can go to any retail SUPPORT outlet.

Diabetic supplies and medications

Some diabetic supplies are covered under SUPPORT, while others are covered under your prescription drug benefit. Diabetic supplies covered under SUPPORT include:

- Blood-testing strips used with glucometers
- Glucometers to test blood sugar
- Insulin pump and supplies
- Lancets and lancing device used with glucometers

Your benefit covers durable medical equipment when the equipment is appropriate for home use and prescribed by a physician. The prescription must include a description of the equipment and a diagnosis. When these criteria are met, your benefit allows for:

- **Renting equipment** — For rental equipment, a new prescription must be written when the current prescription expires.

If the rental fee exceeds the purchase price based on your physician's estimated duration of need, you will be advised to purchase rather than rent the equipment.
- **Purchasing equipment** — Your benefit includes purchasing equipment only when it is less expensive than continued rental. The purchase of new and used equipment is covered provided the equipment is purchased only from a professional supplier.
- **Repairing equipment** — Repair costs are covered on purchased equipment when the condition is due to normal wear and tear.
- **Replacing equipment** — The replacement of purchased equipment is covered when there is loss or irreparable damage of your equipment or a change in your condition or size.
- **Contraceptive devices** — Covers one per year physician-prescribed contraceptive devices such as diaphragms or IUDs and their insertion.
- **Wigs** — You have a lifetime maximum of \$300 for wigs, wig stands and supplies, such as adhesives. This benefit is for those who need wigs because of cancer or alopecia. There is no deductible or copayment up to the \$300 lifetime maximum. Additional replacements for children due to growth are available.

Prosthetic and orthotic appliances

What you pay for covered services		
In-network (Michigan)	Out-of-network (Michigan)	Nonparticipating (Michigan)
\$0	20%	Not covered

You have coverage under the SUPPORT program for prosthetic and orthotic appliances. Your benefit covers prosthetic and orthotic appliances when they are prescribed by a physician and supplied by a licensed orthotist or prosthetist. Benefits include:

- Prosthetic and orthotic appliances that are prefabricated, custom-fitted and made
- Temporary appliances
- Delivery, services and fitting charges
- Repair of covered appliances
- Adjustment or replacement of appliances when they are damaged beyond repair because of wear, growth or change in the patient’s condition or size

Braces do not have to be attached to a shoe.

- Optical services following cataract surgery — Your benefits include the examination and fitting of one pair of contact lenses when prescribed by a physician following cataract surgery and obtained within one year of the surgery. Cataract sunglasses are not covered.

Using the SUPPORT network

The SUPPORT network is composed of independent suppliers. For help finding a SUPPORT provider, call the SUPPORT program. They will give you the name, address and phone number of a SUPPORT provider in your area. They will also answer any questions you may have about the SUPPORT program.

Medical equipment and supplies from doctors’ offices and hospitals

If you obtain medical equipment and supplies from a physician’s office or hospital, keep in mind that these benefits are then covered under your medical or inpatient hospital benefits by BCBSM, not the SUPPORT program, and are subject to different cost-sharing requirements for those benefits.

SUPPORT program exclusions and limitations

In addition to applicable exclusions and limitations listed elsewhere in this booklet, SUPPORT program coverage is subject to the following:

- Items primarily for your comfort or convenience are not covered
- Items such as air purifiers, air conditioners and exercise equipment are not covered
- Many individual DME services have quantity restrictions or limitations, depending on the service provided

Durable medical equipment that is not reasonable and necessary in the care or treatment of illness or injury is not covered. Some of these items include safety equipment, exercise equipment or home (or vehicle) modifications such as lifts, elevators and ramps.

The following are not covered:

- Nonmedical equipment
- Exercise and hygienic equipment
- Comfort and convenience items
- Self-help devices such as elevators
- Deluxe equipment, such as motorized wheelchairs, unless medically necessary and required so the patient can operate the equipment themselves
- Routine maintenance expenses, such as the cost of batteries

Human organ transplants

The State Health Plan PPO covers certain human organ and tissue transplants when they are received at a participating hospital or, where noted, in a BCBSM-approved transplant facility, designated transplant facility or designated cancer center.

In some cases, BCBSM must approve the transplant.

Organ and tissue transplants

Benefits are payable for services performed to obtain, store and transplant the following human tissues and organs:

- Cornea
- Kidney
- Skin

The State Health Plan PPO will pay for covered services for donors if the donor does not have transplant benefits under any other health care plan.

Bone marrow transplants

What you pay for covered services		
In-network	Out-of-network	Nonparticipating
\$0	10% after annual out-of-network deductible	100%

Bone marrow transplants involve replacing the bone marrow of a patient with bone marrow or peripheral blood stem cells. The replacement bone marrow may be from a donor (an **allogeneic** transplant) or removed from you before treatment and then returned (an **autologous** transplant).

Bone marrow transplants are only covered when the transplant is pre-approved, or what we call “preauthorized,” by BCBSM and must be received at a BCBSM-designated transplant facility. Preauthorization is a process that allows physicians and other professional providers to determine, before treating a patient, if BCBSM will cover the cost of a proposed service.

Bone marrow transplants involve replacing the bone marrow of a patient with bone marrow or peripheral blood stem cells. The replacement bone marrow may be from a donor (an **allogeneic** transplant) or removed from you before treatment and then returned (an **autologous** transplant). Bone marrow transplants are only covered when the transplant is pre-approved, or what we call “preauthorized,” by BCBSM and must be received at a BCBSM-designated transplant facility.

Benefits for **allogeneic** transplants are payable only to treat the following conditions when the transplant is not considered experimental or investigational for the condition being treated:

- Acute lymphocytic leukemia
- Acute non-lymphocytic leukemia
- Aplastic anemia
- Beta Thalassemia, major
- Chronic myeloid leukemia
- Hodgkin’s disease (relapsed and stage III or IV)
- Hurler’s syndrome
- Myelodysplastic syndromes
- Myelofibrosis
- Neuroblastoma (stage III or IV)
- Non-Hodgkin’s lymphoma (intermediate or high grade)
- Osteopetrosis
- Severe combined immune deficiency disease (SCID)
- Sickle cell disease (when complicated by stroke)
- Wiskott-Aldrich syndrome

Benefits for **autologous** transplants are payable only to treat the following conditions when the transplant is not considered experimental or investigational for the condition being treated:

- Acute lymphocytic leukemia
- Acute non-lymphocytic leukemia
- Ewing’s sarcoma
- Germ cell tumors of ovary, testis, mediastinum and retroperitoneum
- Hodgkin’s disease (stage III or IV)
- Medulloblastoma
- Metastatic breast cancer (stage IV)
- Multiple myeloma
- Neuroblastoma (stage III or IV)
- Non-Hodgkin’s lymphoma (intermediate or high grade)
- Primitive neuroectodermal tumors
- Wilms’ Tumor

Solid organ transplants

What you pay for covered services	
Designated facility	Non-designated
Annual in-network deductible	100%

Solid human organ transplants are only covered when the transplant is pre-approved, or “preauthorized,” by BCBSM and must be received at a BCBSM-designated transplant facility. Preauthorization is a process that allows physicians and other professional providers to determine, before treating a patient, if BCBSM will cover the cost of a proposed service.

The transplant facility or your physician must request preauthorization from BCBSM before surgery.

Specified transplants include transplants of the:

- Liver
- Partial liver (a portion of the liver taken from a brain-dead or living donor)
- Heart
- Lungs
- Lobar lung (transplantation of a portion of a lung from a brain dead or living donor)
- Heart-lungs
- Pancreas
- Simultaneous pancreas-kidney
- Small intestine (small bowel)
- Combined small bowel-liver

All payable human organ transplant services, except anti-rejection drugs and other transplant-related prescription drugs, must be provided during the benefit period. The benefit period begins five days before, and ends one year after, the organ transplant.

Please call the BCBSM Human Organ Transplant Program for additional information on human organ transplants.

Other covered services

What you pay for covered services unless otherwise noted		
In-network	Out-of-network	Nonparticipating
Annual in-network deductible	10% after annual out-of-network deductible	Annual deductible plus deductible the difference between the BCBSM approved amount and the provider's charge

Your coverage also includes the following services:

- **Blood** — Includes the cost of drawing and storing self-donated blood intended for your scheduled surgery
- **Specified oncology clinical trials** — Covers antineoplastic drugs for the treatment of stages II and III breast cancer and all stages of ovarian cancer when they are provided following an approved phase II or III clinical trial

This benefit does not limit or preclude coverage of antineoplastic drugs when Michigan law requires these drugs, and the reasonable cost of their administration, be covered. Payment is determined by services provided.

For services to be covered, the following requirements must be met:

- The inpatient admission and length of stay must be medically necessary and preapproved. No retroactive approvals will be granted.
- The services must be performed at a National Cancer Institute-designated cancer center or an affiliate of an NCI-designated center.
- The treatment plan, also called “protocol,” must meet the guidelines of the February 19, 1993, American Society of Clinical Oncology statement for clinical trials.
- The patient must be an eligible BCBSM member with hospital, medical and surgical coverage.

If these requirements are not met, the services will not be covered and you will be responsible for all charges.

Please call the BCBSM State of Michigan Customer Service Center for additional information on specified oncology clinical trials.

- **Eye and ear examinations** — Covered for the diagnosis and treatment of an illness, injury or disease, including medical clearance examinations. Medical clearance exams have a \$15 fixed dollar copayment.
- **Weight loss benefit** — Benefits are available for nonmedical weight reduction up to a lifetime maximum of \$300.
- **Injections** — Fluids that are forced into a vein or body organ or under the skin to fight disease are payable.
- **Rabies treatment** — Rabies treatment is a benefit after the initial emergency room treatment.
- **Cardiac rehabilitation** — Covered service provides a program that teaches patients how to lower risks associated with heart disease through exercise and lifestyle modifications. May be provided by outpatient department of hospital or physician-directed clinic.
- **Diabetic training** — Services provided under a comprehensive plan of care related to the member’s diabetic condition to ensure therapy compliance and development of necessary skills and knowledge in self-management (includes self- administration of injectable drugs). Member must have eligible diabetes diagnosis.
- **Contraception devices** — Benefits include Depo Provera injections, Norplant, intrauterine device and diaphragm. One IUD per year; insertion and removal are covered. One diaphragm per year. Includes initial exam for measurement.

Private duty nursing

What you pay for covered services unless otherwise noted		
In-network	Out-of-network	Nonparticipating
10% after annual in-network deductible	10% after annual out-of-network deductible	Annual out-of-network deductible plus the difference between the BCBSM approved amount and the provider's charge

Covered when the patient's condition requires 24-hour, continuous skilled care by a professional nurse on a one-to-one basis

Nonskilled care or care provided by a nurse who ordinarily resides in the patient's home or is a member of the immediate family is not covered. Services must be prescribed by a physician and provided by a registered or licensed practical nurse. The attending physician must complete a certification statement each month the patient is required to have private duty nursing care.

To avoid incurring expenses for private duty nursing services that are not payable, we recommend you call or write the BCBSM State of Michigan Customer Service Center before receiving private duty nursing services.

What is not covered under the State Health Plan PPO

The following services are not covered under the State Health Plan PPO:

- Care and services available at no cost to you in a veteran, marine or other federal hospital or any hospital maintained by any state or governmental agency
- Medically necessary services received on an inpatient basis that can be provided safely in an outpatient or office location
- Custodial care, rest therapy and care in nursing or rest home facilities
- Dental surgery other than for the removal of impacted teeth or multiple extractions when the patient must be hospitalized for the surgery because a concurrent medical condition exists
- Treatment of Temporomandibular Joint Syndrome and related jaw-joint problems by any method other than as specified in this benefit book
- Hospital admissions that begin **before** the effective date of coverage
- Hospital admissions that begin **after** the coverage termination date
- Medical services or supplies provided or furnished **before** the effective date of coverage or **after** the coverage termination date
- Health care services provided by persons who are not legally qualified or licensed to provide such services
- Routine hospital outpatient care requiring repeated visits for the treatment of chronic conditions
- Hospitalization principally for:
 - Observation
 - Diagnostic evaluation
 - Physical therapy
 - X-ray or lab tests
 - Reduction of weight by diet control (with or without medication)
 - Basal metabolism tests
 - Electrocardiography
- Items for the personal comfort or convenience of the patient
- Premarital or pre-employment exams
- Reverse sterilization
- Services and supplies that are not medically necessary according to accepted standards of medical practice
- Treatment of occupational injury or disease that the State of Michigan is obligated to furnish or otherwise fund
- Care and services received under another certificate offered by BCBSM or another Blue Cross Blue Shield Plan

- Care and services payable by government-sponsored health care programs, such as Medicare or TRICARE for which a member is eligible

These services are not payable even if you have not signed up to receive the benefits provided by such programs.

- Cosmetic surgery and related services solely for improving appearance, except as specified in this handbook
- Services rendered for gender reassignment
- Treatment of a condition caused by military action or war, declared or undeclared
- Services, care, devices or supplies considered experimental or investigative
- Services for which a charge is not customarily made
- Services for which the patient is not obligated to pay or services without cost
- Dialysis services after 33 months of ESRD treatment
- Services that are not included in your plan coverage documents
- Transportation and travel except as specified in this benefit book

Filing claims

When you use your benefits, a claim must be filed before payment can be made. PPO network providers and Blues participating providers should automatically file all claims for you. All you need to do is show your BCBSM ID card. However, if you receive services from nonparticipating providers, they may or may not file a claim for you.

To file your own claim, follow these steps:

1. Ask your provider for an itemized statement with the following information:
 - Patient’s name and birth date
 - Subscriber’s name, address, phone number and contract number (from your BCBSM ID card)
 - Provider’s name, address, phone number and federal tax ID number
 - Date and description of services
 - Diagnosis (nature of illness or injury) and procedure code
 - Admission and discharge dates for hospitalization
 - Charge for each service
2. Make a copy of all items for your files. You will also need to complete a claim form. To obtain a form, call the BCBSM State of Michigan Customer Service Center.
3. Mail the claim form and itemized statement to the State of Michigan Customer Service Center.

Please file claims promptly because most services have a 15-month filing limitation.

You will receive payment directly from BCBSM. The check will be in the subscriber’s name, not the patient’s name.

Filing claims for services received outside the United States

Submit claims as noted above for services received outside the United States, using the guidelines under the *Choosing a network provider— care out of the country* section of this book.

Your right to file an internal grievance

Most questions or concerns about how we processed your claim or request for benefits can be resolved through a phone call to one of our customer service representatives. However, Michigan Public Act 350, as amended by Public Act 516 of 1996 and Public Act 250 of 2000, protects you by providing an internal grievance procedure, including a managerial-level conference, if you believe that we have violated **Section 402 or 403 of Public Act 350**. You will find the specific provisions of those two parts of the act at the end of this section.

Internal grievances

Standard internal grievance procedure

Under the standard internal grievance procedure, we must provide you with our final written determination within 35 calendar days of our receipt of your written grievance. However, that timeframe may be suspended for any amount of time that you are permitted to take to file your grievance, and for a period of up to 10 days if we have not received information we have requested from a health care provider — for example your doctor or hospital. The standard internal grievance procedure is as follows:

- You or your authorized representative must send us a written statement explaining why you disagree with our determination on your request for benefits or payment.

Mail your written grievance to the address found in the top right hand corner of the first page of your Explanation of Benefits. Payments statement or to the address contained in the letter we send you to notify you that we have not approved a benefit or service you are requesting.

We will respond to your grievance in writing. If you agree with our response, it becomes our final determination and the grievance ends.

- If you disagree with our response to your grievance, you may then request a managerial-level conference. You must request the conference in writing.

Mail your request to:

Conference Coordination Unit
Blue Cross Blue Shield of Michigan
P.O. Box 2459
Detroit, MI 48231-2459

You can ask that the conference be conducted in person or over the telephone. If in person, the conference can be held at our headquarters in Detroit or at a local customer service center. Our written proposed resolution will be our final determination regarding your grievance.

- In addition to the information found above, you should also know:
 - You may authorize in writing another person including, but not limited to, a physician to act on your behalf at any stage in the standard internal grievance procedure.
 - Although we have 35 days within which to give you our final determination, you have the right to allow us additional time if you wish.
 - You may obtain copies of information relating to our denial, reduction or termination of coverage for a health care service for a reasonable copying charge.

Expedited internal grievance procedure

If a physician substantiates orally or in writing that adhering to the time frame for the standard internal grievance would seriously jeopardize your life or health, or would jeopardize your ability to regain maximum function, you may file a request for an expedited internal grievance. **You may file a request for an expedited internal grievance only when you think that we have wrongfully denied, terminated or reduced coverage for a health care service prior to your having received that health care service or if you believe we have failed to respond in a timely manner to a request for benefits or payment.**

The procedure is as follows:

- You may submit your expedited internal grievance request by telephone. The required physician's substantiation that your condition qualifies for an expedited grievance can also be submitted by telephone.

Call the expedited grievance hot line: 313-225-6800.

We must provide you with our decision within **72 hours** of receiving both your grievance and the physician's substantiation.

- In addition to the information found above, you should also know:
 - You may authorize in writing another person including, but not limited to, a physician to act on your behalf at any stage in the expedited internal grievance procedure.
 - If our decision is communicated to you orally, we must provide you with written confirmation within two business days.

Sections 402 and 403 of Public Act 350

What we may not do

The sections below provide the exact language in the law.

Section 402(1) provides that we may not do any of the following:

- Misrepresent pertinent facts or certificate provisions relating to coverage
- Fail to acknowledge promptly or to act reasonably and promptly upon communications with respect to a claim arising under a certificate
- Fail to adopt and implement reasonable standards for the prompt investigation of a claim arising under a certificate
- Refuse to pay claims without conducting a reasonable investigation based upon the available information
- Fail to affirm or deny coverage of a claim within a reasonable time after a claim has been received
- Fail to attempt in good faith to make a prompt, fair and equitable settlement of a claim for which liability has become reasonably clear
- Compel members to institute litigation to recover amounts due under a certificate by offering substantially less than the amounts due
- Attempt to settle a claim for less than the amount which a reasonable person would believe was due under a certificate, by making reference to written or printed advertising material accompanying or made part of an application for coverage

- Make known to the member administrative hearing decisions in favor of members for the purpose of compelling a member to accept a settlement or compromise in a claim
- Attempt to settle a claim on the basis of an application that was altered without notice to, knowledge or consent of the subscriber under whose certificate the claim is being made
- Delay the investigation or payment of a claim by requiring a member, or the provider of health care services to the member, to submit a preliminary claim and then requiring subsequent submission of a formal claim, seeking solely the duplication of a verification
- Fail to provide promptly a reasonable explanation of the basis for a denial of a claim or for the offer of a compromise settlement
- Fail to promptly settle a claim where liability has become reasonably clear under one portion of the certificate in order to influence a settlement under another portion of the certificate

Section 402(2) provides that there are certain things that we cannot do to induce you to contract with us for the provision of health care benefits, or to induce you to lapse, forfeit or surrender a certificate issued by us or to induce you to secure or terminate coverage with another insurer, health maintenance organization or other person.

The things we cannot do under this section are:

- Issue or deliver to a person money or other valuable consideration
- Offer to make or make an agreement relating to a certificate other than as plainly expressed in the certificate
- Offer to give or pay, directly or indirectly, a rebate or part of a premium, or an advantage with respect to the furnishing of health care benefits or administrative or other services offered by the corporation except as reflected in the rate and expressly provided in the certificate
- Make, issue or circulate, or cause to be made, issued or circulated, any estimate, illustration, circular or statement misrepresenting the terms of a certificate or contract for administrative or other services, the benefits there under, or the true nature thereof
- Make a misrepresentation or incomplete comparison, whether oral or written, between certificates of the corporation or between certificates or contracts of the corporation and another health care corporation, health maintenance organization or other person

What we must do

Section 403 provides that we must, on a timely basis, pay to you or a participating provider benefits as are entitled and provided under the applicable certificate. When not paid on a timely basis, benefits payable to you will bear simple interest from a date 60 days after we have received a satisfactory claim form at a rate of 12 percent interest per year. The interest will be paid in addition to the claim at the time of payment of the claim.

We must specify in writing the materials which constitute a satisfactory claim form no later than 30 days after receipt of a claim, unless the claim is settled within 30 days. If a claim form is not supplied as to the entire claim, the amount supported by the claim form will be considered to be paid on a timely basis if paid within 60 days after we receive the claim form.

Other general information

Coordination of benefits

Coordination of benefits is how group health care plans and insurance carriers coordinate benefits when members are covered by more than one plan. Under COB, group health care plans and insurance carriers work together to make sure members receive the maximum benefits available under their plans. Your State Health Plan PPO requires that your benefit payments be coordinated with those from another group plan for services that may be payable under both plans.

COB ensures that the level of payment, when added to the benefits payable under another group plan, will cover up to 100 percent of the eligible expenses as determined between the group health care plans. In other words, COB can reduce or eliminate out-of-pocket expenses for you and your family. COB also makes sure that the combined payments of all coverage will not exceed the approved cost for care.

How COB works

When a patient has double coverage, BCBSM determines who should pay before processing the claim. If the State Health Plan PPO is primary, then full benefits under the plan will be paid. If the State Health Plan PPO is secondary, payment towards the balance of the cost of covered services — up to the total allowable amount determined by both group plans — will be paid.

The guidelines used to determine which plan pays first are as follows:

- If a group health plan does not have a coordination of benefits provision, that plan is primary.
- If husband and wife have their own coverage, the husband's health coverage is primary when he receives services and the wife's coverage is primary when she receives services.
- If a child is covered under both the mother's and the father's plan, the plan of the parent (or legal guardian) whose birthday is earlier in the year is primary. If the child's parents are divorced, benefits will be paid according to any court decree. If no such decree exists, benefits are determined in the following order unless a court order places financial responsibility on one parent:
 1. Custodial parent
 2. Stepparent (if remarried)
 3. Noncustodial parent
 4. Noncustodial stepparent (if remarried)

If the primary plan cannot be determined by using the guidelines above, then the plan covering the child the longest is primary.

Processing your COB claims

When we receive your claim, we determine which plan is primary. Then we process your claim as follows:

- If we are primary, we pay for covered services up to the maximum amount allowed under your benefit plan, less any deductible or copays.
- If the other health plan is primary, we will return the claim to your provider, indicating that we are not primary, so your provider can bill the other group health plan. We will also send you an *Explanation of Benefit Payments* form that tells you we have billed another carrier.
- If we are both primary and secondary, we will process your claim first under the primary plan, and then **automatically process the same claim** under the secondary plan.
- If we are secondary and the primary plan has already paid, either you or your provider can submit a claim to us for consideration of any balances.

Be sure to include the EOB form you received from your primary plan.

Please make copies of all forms and receipts for your files.

Keeping your COB information updated

After enrollment, we will periodically send you a COB questionnaire to update your coverage information. Please complete and return this questionnaire so we can continue processing your claims without delay.

Subrogation

Occasionally, another person, insurance company or organization may be legally obligated to pay for health care services that we have paid. When this happens:

- Your right to recover payment from them is transferred to BCBSM.
- You are required to do whatever is necessary to help BCBSM enforce their right of recovery.

If you receive money through a lawsuit, settlement or other means for services paid under your coverage, you must reimburse BCBSM. However, this does not apply if the funds you receive are from additional health coverage you purchased in your name from another insurance company.

Medicare and Medicare Advantage coverage

Medicare is a federal health care benefit program for people who are:

- Age 65 or older (except for certain pension recipients and spouses covered under the State Police Retirement System)
- Diagnosed with End Stage Renal Disease (Please see the *Hemodialysis* heading in the *Hospital Coverage* section of this book.)
- Under age 65 but have received a Social Security disability benefit for at least 24 months

The State Health Plan PPO is primary, which means it pays first, for actively working employees and their enrolled dependents. However, Medicare will become primary for actively working employees and their enrolled dependents with End Stage Renal Disease after 33 months and the State Health Plan PPO will act as a supplement to Medicare coverage.

Medicare coverage for inpatient and physician services

Medicare has two parts: Part A and Part B. Part A helps pay for inpatient hospital care and certain follow-up care after you leave the hospital. It is provided to you at no cost. Part B helps pay for physician's services and other medical services and items. There is a monthly premium that you must pay for Part B coverage.

The State Health Plan PPO supplements Part A by covering services that Medicare does not — as long as those services are benefits under the State Health Plan PPO. It supplements Part B by covering 20 percent of Medicare's reasonable charge for services. You are still responsible for any applicable deductible and copayment.

If you do not sign up for Part B when you are first eligible, your monthly premium for Part B may go up 10 percent for each full 12-month period that you could have had Part B, but did not sign up for it. If you delay taking Part B because you or your spouse (or a family member, if you are disabled) is working and has group health plan coverage based on current employment, you may not have to pay the higher premium.

If you do not enroll in Part B of Medicare, your State Health Plan PPO coverage will be adjusted as if Medicare coverage were in place. The State Health Plan PPO will not reimburse that portion of expenses normally covered by Medicare. This may result in limited payment or no payment.

Enrolling in Medicare

Enrollment in Medicare is handled in two ways: either you are enrolled automatically or you have to apply. Here is how it works:

Automatic enrollment

If you are not yet 65 and already getting Social Security you do not have to apply for Medicare. You will be enrolled automatically in both Part A and Part B effective the month you are 65. Your Medicare card will be mailed to you about three months before your 65th birthday.

If you are disabled and have been receiving disability benefits under Social Security for 24 months, you will be automatically enrolled in Part A and Part B beginning the 25th month of benefits. Your card will be mailed to you about three months before your entitlement.

Remember that if you do not enroll in Part B of Medicare, your State Health Plan PPO coverage will be adjusted as if Medicare coverage were in place. The State Health Plan PPO will not reimburse that portion of expenses normally covered by Medicare. This may result in limited or no payment.

Applying for Medicare

You should apply for Medicare three months before the month you turn 65. This is the beginning of your seven-month initial enrollment period. If you wait until you are 65, or in the last three months of your initial enrollment period, your Part B coverage will be delayed. You can apply for Medicare through your local Social Security Administration office.

If you do not enroll in Part B during your initial enrollment period, you will have to wait until the next general enrollment period to enroll. General enrollment periods are held January 1 through March 31 of each year, and Part B coverage starts on July 1 of that year. Your Part B premium will go up 10 percent for each 12-month period that you have been eligible for Part B but did not take it.

Remember that if you do not enroll in Part B of Medicare, your State Health Plan PPO coverage will be adjusted as if Medicare coverage were in place. The State Health Plan PPO will not reimburse that portion of expenses normally covered by Medicare. This may result in limited payment or no payment.

You can get more information on Medicare by logging on to the Medicare Web site at **[medicare.gov](https://www.medicare.gov)**.

Glossary

Accidental injury is physical damage caused by an action, object or substance outside the body. This includes:

- Strains
- Sprains
- Cuts and bruises
- Allergic reactions
- Frostbite
- Sunburn and sunstroke
- Swallowing poison
- Medication overdosing
- Inhaling smoke, carbon monoxide or fumes

Acute care facility is a facility that offers a wide range of medical, surgical, obstetric and pediatric services. These facilities primarily treat patients with conditions that require a hospital stay of less than 30 days. The facility is not primarily for:

- Custodial, convalescent or rest care
- Care of the aged
- Skilled nursing care or nursing home care
- Substance abuse treatment

Adequate access is defined by how far you live from PPO providers and hospitals. The State Health Plan PPO access standards are as follows:

- Two family care physicians within 15 miles of your home
- Two specialty care physicians within 20 miles of your home
- One hospital within 25 miles of your home

Allogeneic (Allogenic) transplant is a procedure using another person's bone marrow or peripheral blood stem cells to transplant into the patient (including syngeneic transplants when the donor is the identical twin of the patient).

Ambulatory surgery facility is a separate outpatient facility that is not part of a hospital, where surgery is performed and care related to the surgery is given. The procedures performed in this facility can be performed safely without overnight inpatient hospital care.

Approved amount is the BCBSM maximum payment level or the provider's billed charge for the covered service, whichever is lower. Deductibles and copays are deducted from the approved amount.

Approved facility is a hospital or clinic that provides medical and other services, such as skilled nursing care or physical therapy, and has been approved as a provider by BCBSM. Approved facilities must meet all applicable local and state licensing and certification requirements. Approved facilities must also be accredited by the Joint Commission on Accreditation of Hospitals or the American Osteopathic Association.

Approved hospital is a hospital that meets all applicable local and state licensure and certification requirements, is accredited as a hospital by state or national medical or hospital authorities or associations, and has been approved as a provider by BCBSM or an affiliate of BCBSM.

Autologous transplant is a procedure using the patient's own bone marrow or peripheral blood stem cells for transplantation back into the patient.

Blue Cross and Blue Shield Association is an association of independent Blue Cross and Blue Shield Plans that licenses individual Plans to offer health benefits under the Blue Cross Blue Shield name and logo. The Association establishes uniform financial standards but does not guarantee an individual Plan's financial obligations.

Blue Cross Blue Shield of Michigan is a nonprofit, independent company. BCBSM is one of many individual Plans located throughout the U.S. committed to providing affordable health care. It is managed and controlled by a board of directors comprised of a majority of community-based public and subscriber members.

Benefit is coverage for health care services available in accordance with the terms of your health care coverage.

Clinical trial is a study conducted on a group of patients to determine the effect of a treatment. It generally includes the following phases:

- Phase I — A study conducted on a small number of patients to determine what the side effects and appropriate dose of treatment may be for a certain disease or condition
- Phase II — A study conducted on a large number of patients to determine whether the treatment has a positive effect on the disease or condition as compared to the side effects of the treatment
- Phase III — A study on a much larger group of patients to compare the results of a new treatment of a condition to a conventional or standard treatment

Phase III gives an indication as to whether the new treatment leads to better, worse or no change in outcome.

COBRA is continuation coverage required by the Consolidated Omnibus Budget Reconciliation Act of 1986.

Contraceptive device is a device such as, but not limited to, a diaphragm, intrauterine device or contraceptive implant designed to prevent pregnancy.

Copayment is the designated portion of the approved amount you are required to pay for covered services. This can be either a fixed-dollar or a percentage amount.

Coordination of benefits is a program that coordinates your health benefits when you have coverage under more than one group health plan.

Covered services are services, treatments or supplies identified as payable under the State Health Plan PPO. Covered services must be medically necessary to be payable, unless otherwise specified.

Custodial care is care mainly for helping a person with activities of daily living, such as walking, getting in and out of bed, bathing, dressing, eating or taking medicine. This care may be given with or without:

- Routine nursing care
- Training in personal hygiene and other forms of self-care
- Supervision by a physician

Deductible is the specified amount that you pay during each benefit period for services before your plan begins to pay.

Designated cancer center is a site approved by the National Cancer Institute as a comprehensive cancer center, clinical cancer center, consortium cancer center or an affiliate of one of these centers.

Designated facility is a facility that BCBSM determines to be qualified to perform a specific organ transplant.

Durable medical equipment is equipment that is able to withstand repeated use, is primarily and customarily used to serve a medical purpose, and is not generally useful to a person in the absence of illness or injury. A physician must prescribe this equipment.

Emergency first aid is the initial exam and treatment of conditions resulting from accidental injury.

End Stage Renal Disease is permanent and irreversible kidney failure that can no longer be controlled by medication or fluid and dietary restriction and, as such, requires a regular course of dialysis or a kidney transplant to maintain the patient's life.

Experimental or investigative is a service, procedure, treatment, device or supply that has not been scientifically demonstrated to be safe and effective for treatment of the patient's condition. BCBSM makes this determination based on a review of established criteria such as:

- Opinions of local and national medical societies, organizations, committees or governmental bodies
- Accepted national standards of practice in the medical profession
- Scientific data such as controlled studies in peer review journals or literature
- Opinions of the Blue Cross and Blue Shield Association or other local or national bodies

Freestanding facility is a facility separate from a hospital that provides outpatient services, such as skilled nursing care or physical therapy.

Freestanding outpatient physical therapy facility is an independently owned and operated facility, separate from a hospital that provides outpatient physical therapy services and occupational or functional occupational therapy or speech and language pathology services.

High-dose chemotherapy is a procedure that involves giving a patient cell destroying drugs in doses higher than approved by the FDA for therapy.

Hospital is a facility that provides inpatient diagnostic and therapeutic services for injured or acutely ill patients 24 hours every day. The facility also provides a professional staff of licensed physicians and nurses to supervise the care of patients.

Independent physical therapist is a licensed physical therapist that is not employed by a hospital, physician or freestanding outpatient physical therapy facility and who maintains an office separate from a hospital or freestanding outpatient physical therapy facility with the equipment necessary to provide adequately physician-prescribed physical therapy.

In-network refers to services received by providers who are part of the Community Blue/Blue Preferred PPO network.

Medical emergency is a condition that occurs suddenly, producing severe signs and symptoms, such as acute pain. A person would reasonably expect that this condition could result in serious bodily harm without prompt medical treatment.

Medical necessity, unless otherwise specified, is a service that must be medically necessary in order to be covered by the State Health Plan PPO.

Medical necessity for payment of hospital services requires that all of the following conditions be met:

- The covered service is for the treatment, diagnosis or symptoms of an injury, condition or disease.
- The service, treatment or supply is appropriate for the symptoms and is consistent with the diagnosis.
 - “Appropriate” means the type, level and length of care, treatment or supply and setting are needed to provide safe and adequate care and treatment.
 - For inpatient hospital stays, acute care as an inpatient must be necessitated by the patient’s condition because safe and adequate care cannot be received as an outpatient or in a less intense medical setting.
- The services are not mainly for the convenience of the member or health care provider.
- The treatment is not generally regarded as experimental or investigational by BCBSM.
- The treatment is not determined to be medically inappropriate by the Utilization Management and Quality Assessment programs.

In some cases, you may be required to pay for services *even when they are medically necessary*. These limited situations are:

- When you do not inform the hospital that you are a BCBSM member at the time of admission or within 30 days after you have been discharged
- When you fail to provide the hospital with information that identifies your coverage

Medical necessity for payment of physician services is determined by physicians acting for their respective provider types or medical specialty and is based on criteria and guidelines developed by physicians and professional providers. It requires that:

- The covered service is generally accepted as necessary and appropriate for the patient’s condition, considering the symptoms. The covered service is consistent with the diagnosis.
- The covered service is essential or relevant to the evaluation or treatment of the disease, injury, condition or illness. It is not mainly for the convenience of the member or physician.
- The covered service is reasonably expected to improve the patient’s condition or level of functioning. In the case of diagnostic testing, the results are used in the diagnosis and management of the patient’s care.

The BCBSM determination of medical necessity for payment purposes is based on standards of practice established by physicians.

Member is any person eligible for health care services under the State Health Plan PPO. This includes the subscriber and any eligible dependents listed in BCBSM membership records.

Network providers are providers who have met PPO standards and signed agreements to participate in the Community Blue/Blue Preferred network and to accept our approved amount as payment in full for covered services.

Nonparticipating providers are providers that have not signed participation agreements with Blue Cross Blue Shield of Michigan agreeing to accept the BCBSM payment as payment in full. However, nonparticipating professional (non-facility) providers may agree to accept the BCBSM-approved amount as payment in full on a per claim basis.

Occupational therapy is treatment consisting of specifically designed therapeutic tasks or activities that:

- Improve or restore a patient’s functional level when illness or injury has affected muscles or joints.
- Help the patient apply the restored or improved function to daily living.

Out-of-network costs are increased copayment and deductible amounts members may be responsible for if they go out-of-network without a referral. These costs could also include charges from a nonparticipating provider that are above the approved BCBSM amount.

Out-of-network refers to services not rendered by a PPO network provider.

Participating providers are providers who have signed agreements with BCBSM to accept the BCBSM-approved amount for covered services as payment in full.

Patient is the subscriber or eligible dependent (member) who is awaiting or receiving medical care and treatment.

Per claim is a provider's acceptance of the BCBSM-approved amount as payment in full for a specific claim or procedure.

Peripheral blood stem cell transplant is a procedure where blood stem cells are obtained by pheresis and infused into the patient's circulation.

Physical therapy is treatment that is intended to restore or improve the patient's use of specific muscles or joints, usually through exercise and therapy. The treatment is designed to improve muscle strength, joint motion, coordination and general mobility.

Physical therapy is not covered when services are principally for the general good and welfare of the patient (for example, developmental therapy or activities to provide general motivation) and when there is no improvement expected in the patient's condition.

Physician is a medical doctor (MD), doctor of osteopathy (DO), doctor of podiatric medicine (DPM), doctor of dental surgery (DDS) or doctor of medical dentistry (DMD).

Professional provider is a medical doctor (MD), doctor of osteopathy (DO), doctor of podiatric medicine (DPM), doctor of dental surgery (DDS), doctor of medical Dentistry (DMD) or a fully licensed psychologist.

Provider is a person (such as a physician) or a facility (such as a hospital) that provides services or supplies related to medical care.

Routine services are procedures or tests that are ordered for a patient without direct relationship to the diagnosis or treatment of a specific disease or injury.

Skilled nursing facility is a facility that provides convalescent and short or long-term illness care with continuous nursing and other health care services by or under the supervision of a physician and a registered nurse.

The facility may be operated independently or as part of an accredited acute care hospital. It must meet all applicable local and state licensing and certification requirements.

Specialty hospital is a hospital, such as a children's hospital, a chronic disease hospital or a psychiatric hospital, that provides care for a specific disease or population.

Speech therapy is active treatment of speech, language or voice impairment due to illness, injury or as a result of surgery.

Stem cells are primitive blood cells originating in the marrow but also found in small quantities in the blood. These cells develop into mature blood elements including red cells, white cells and platelets.

Subscriber is the person who signed and submitted the application for State Health Plan PPO coverage.

We, Us, Our are used when referring to Blue Cross Blue Shield of Michigan.

You and Your are used when referring to any person covered under the State Health Plan PPO.



**Blue Cross
Blue Shield**
of Michigan

A nonprofit corporation and independent licensee
of the Blue Cross and Blue Shield Association